

**General Advice:** These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturers weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

## Standing Hoist Use

- A standing hoist is a piece of equipment that is used to assist someone who is unable to stand / walk independently to stand and transfer. The hoist is used with a standing sling, which is secured around the user's waist and underneath their arms, and supports them during the standing process. Slings typically come in 3 sizes – small, medium and large

## Safety

1. Hoists and slings have certain safe working limits, so always check the weight of the user before use and do not exceed the manufacturer's maximum user weight
2. Always check condition of sling including making sure the label is legible before use. Slings do have expiry dates. Do not use if you have concern regarding the condition of the sling
3. Bear in mind that hoists can be difficult to use on carpets
4. User must be able to weight bear through the legs in order to use this hoist
5. User must have good trunk control to remain in a standing position during transfer. If the user is hanging from/ over the side of the sling and not able to hold their posture this is unsafe
6. If the user expresses discomfort during the lift this may mean that their legs or shoulders cannot tolerate the lifting action and there is too much weight being put through the sling
7. For any of the above concerns the user should be urgently assessed by a Healthcare Professional and the hoist should not be used
8. Hoists should not be used over long distances or from room to room, a hoist is designed to lift, not as a mobility aid

## How to Use a Standing Hoist & Sling

- Using a standing hoist and sling requires proper training and instruction, so it is important to consult with a healthcare professional before using the device

### Here are some general steps on how to use a standing hoist and sling:

1. Fit the sling to user, ensure the sling is the right size
2. Assess the environment and move equipment you wish to transfer to (wheelchairs or commodes etc) close to the hoist. Hoists should not be used over long distances or from room to room. A hoist is designed to lift, not as a mobility aid. Make sure that the area around the hoist is clear of any obstacles or people and that the path of travel is clear
3. Position the hoist in front of the user, the legs may need adjusting (from the control) to fit around or under where the user is sitting (bed, chair etc). Get the user to position their feet securely and centred onto the footplate



## How to Use a Standing Hoist & Sling (continued)

4. Hoist brakes should not be used during the lifting/lowering as the hoist needs to be free to move slightly to establish its centre of gravity as it begins to lift/lower
  5. Lower the hoist and position sling straps under users arms, then attach sling loops to the hooks on the hoist
  6. Ensure the user is holding on to the grab bars and using the hoists controls lift the person into a relaxed standing position. Ensure you continually check the persons comfort throughout the lift. Lower the user and adjust positioning if required. Be careful to keep the person's body in the centre of the sling and that they are not hanging from / over the sling unsafely
  7. Once the person is in the standing position, move the hoist into place again, adjusting the hoists legs if required to fit around or under where the user is to be seated. Use the hoist's controls to lower the person back to a seated position. Unhook and remove the sling
- **It is important to note** that before using any medical equipment it is always recommended to consult with a healthcare professional and read the manufacturer's instructions and user guide

## Precautions & Safety

### Before using the Lifter:

- Are the batteries charged?
- Does the lifter require service?
- Are you informed of the correct use of the lifter?
- Are the brakes disengaged (except for floor lift)?

### Before using the Sling:

- Is the sling appropriate (type, size, material)?
- Is the sling free of damage (label, seams, loops)?
- Is the sling straps free of twists?
- Is the sling fitted correctly?
- Are the sling's strap loops engaged correctly?

## Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions
- Always follow the instructions on the label
- Thermal Disinfection: 65° for 10 minutes / 90° for 1 minute (Be safe and 8 minutes to ensure heat penetration)
- Finish wash with rinse cycle

## Complementary Assistive Devices



Manual Wheelchair



Pressure Management Chairs



High/Low Back Chairs